146 262 Largely because of its cost, the consumption of sugar is very low, except among the well-to-do in the towns. (To encourage sugar-beet growing, a high price was set by the Government.)

●[785] The diet is further impoverished by the long religious fasts—seven weeks before Easter, six weeks before Christmas, two shorter summer periods, plus Wednesdays and Fridays of each week. The diet during the fast includes practically no food of animal origin. Children under 10 years do not normally observe these fasts and, in fact, usually have a better diet during these periods since more milk, eggs and butter are available for them.

The diet, though fairly adequate in energy value, is short of animal protein, fats and calcium; moreover, where maize is the principal cereal lack of vitamin B_1 may be very serious. Various symptoms of vitamin and mineral deficiencies are [165] observed, and the high infant-mortality rate—the highest in Europe—is also partly due to malnutrition. One of the most serious effects of the poor diet is the nervous disease pellagra, caused by this deficiency of the vitamin B_2 factor. In Moldavia, where maize is the staple food, about 5 per cent. [164] of the rural population suffers from pellagra every spring. In the whole country about 3,000 deaths occur each year from this disease (compared with 4,000 in the maize-eating southern states of U.S.A.).

The average annual pre-war food consumption of Rumania is shown in the following table, with comparative figures for the United Kingdom.

Average per Head Consumption

	Rumania		*United Kingdom*	
	Kg.	*Lb.*	*Kg.*	*Lb.*
Wheat and rye	104	229	129	285
Maize	166	365	—	—
Potatoes	50	110	84	185
Sugar	5	11	43	95
Meat	17	37	63	139
Milk	70	123*	94	165*
Butter	1	2	11	24
Pig fat	4	10	5	11
Vegetable oil	1·5	3	—	—
Margarine	—	—	4	10
Calories per day	2,700		3,100	

*Pints

B. WAR-TIME CHANGES

1. Territorial Changes

728 241 311 The net effect of the territorial changes which have occurred since 1939 is the loss of Northern Transylvania to Hungary and of Southern Dobruja to Bulgaria. For two seasons' crops, 1940 and 1941, Rumania was without Bessarabia, but in the late summer of 1941 she not only regained Bessarabia but acquired administrative control of the Soviet territory now styled Transnistria, and this has made small contributions to the food supplies of Rumania in 1942-43. Ignoring Transnistria, however, Rumania lost 12 per cent. of her former arable area and grain production. The Transylvanian areas ceded to Hungary, though not rich agriculturally, probably needed only small imports of grain to supplement their own production, while south Dobruja, though a surplus producing area, contributed only a fraction to Rumania's total agricultural production. The country's potential agricultural export remains, therefore, substantially what it was before the war.

2. Agriculture in War Years

241 722 Germany, at the outbreak of the war, looked to the Danube countries, and to Rumania in particu-

[9a]